



Inner Bliss Studio

www.innerblissstudio.com

Yoga Class Schedule

If you are planning on attending a class, please text your name and day/time of the class to (832) 610-5564
Classes Resume Monday, October 1st, 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00-11:00 am Restorative Yoga for Stress and Anxiety Anjali G	10:00-11:00 am Yin/ Meditation For Stress & Anxiety Nita P	10:00-11:00 am Restorative Yoga For Low Back Pain Anjali G	10:00-11:00 am Yin/ Meditation For Low Back Pain Anjali G		10:00-11:00 am Yin/ Meditation For Stress & Anxiety Aiyana C
	6:30-7:30 pm Yin Yoga/ Meditation For Low Back Pain Anjali G	6:30-7:30 pm Restorative Yoga For Low Back Pain Anjali G	6:00-7:00 pm Yoga en Espanol (Donacion) Anira E	6:30-7:30 pm Restorative Yoga for Stress and Anxiety Anjali R	6:30-7:30 pm Blissful Healing Meditation Circle Anjali G	